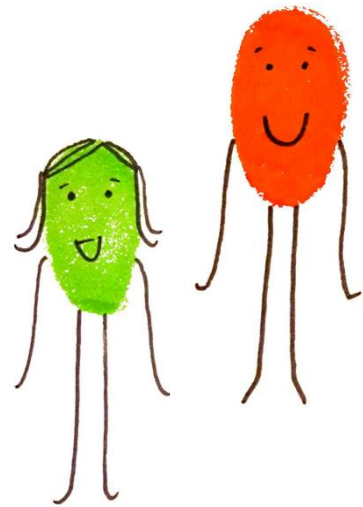
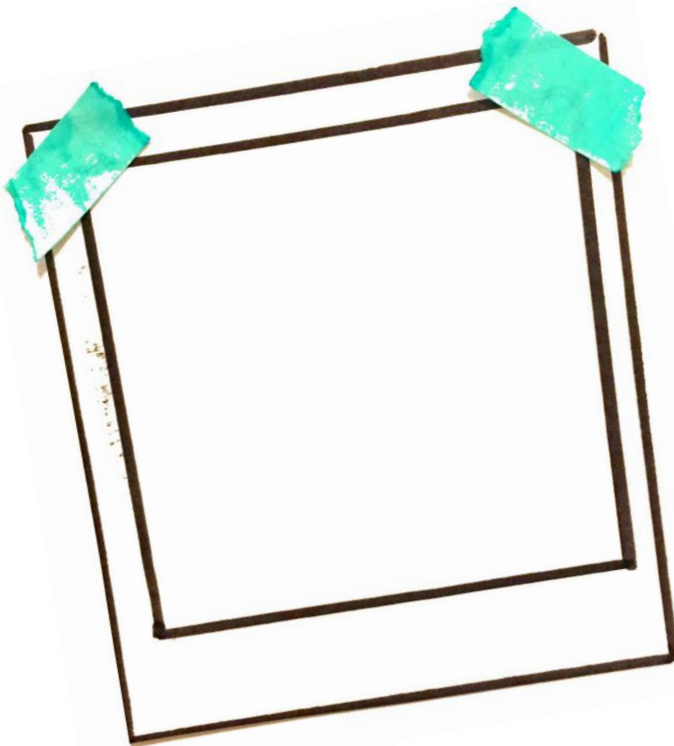


## Getting ready for secondary school:

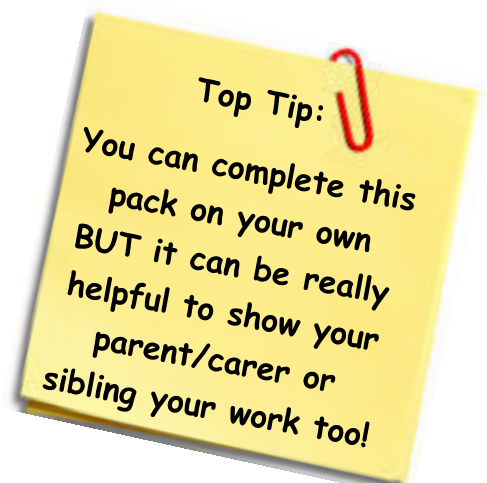
So you are reaching the end of year 6 and it is nearly time to move up to secondary school. Just like all new experiences this change can bring both **EXCITEMENT** and **CHALLENGES**

This pack aims to help you prepare for your move up to secondary school.

This pack belongs to:.....



Add a picture of  
yourself here



**Moving up to secondary school is a big change, how do you feel about going to a new school?**

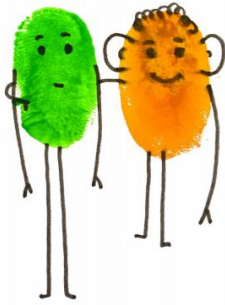
In the boxes below you can record your thoughts and feelings about the new changes ahead.

The form features a central cartoon character with a green, oval-shaped body and a sad facial expression. The character has thin, stick-like limbs. Above its head are three question marks, and arrows point from the character towards five surrounding boxes. Each box is a rounded rectangle with a purple border and contains five horizontal dotted lines for writing.

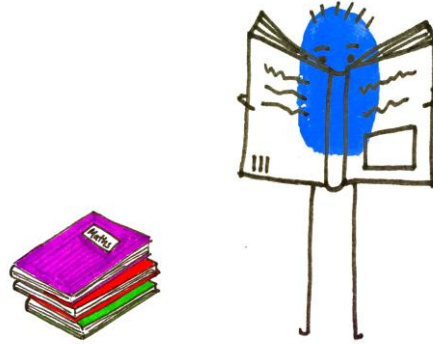
## Worries

Many young people feel a bit nervous about changing schools. It is normal to have some worries, other children your age worried about things like:

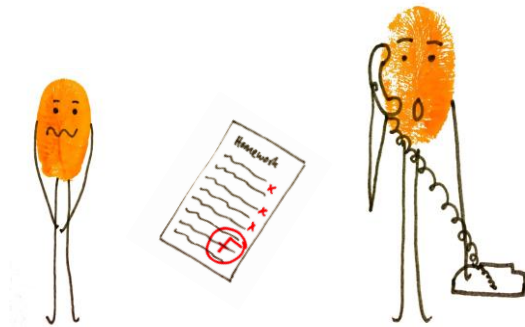
### Friendships:



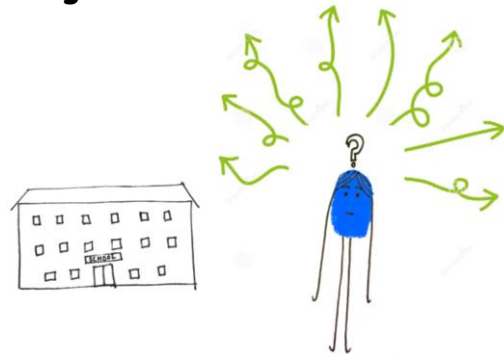
### Homework:



### New rules and detentions:



### Getting lost:



### Being bullied:



### Being more independent:



Do you have any of these worries?

.....

.....

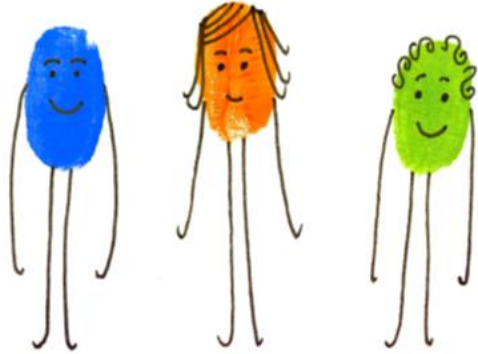
.....

.....

## Excitement

Although it's normal to feel a bit worried, many young people also feel excited about starting a new chapter at a new school. Some of the things other children looked forward to included:

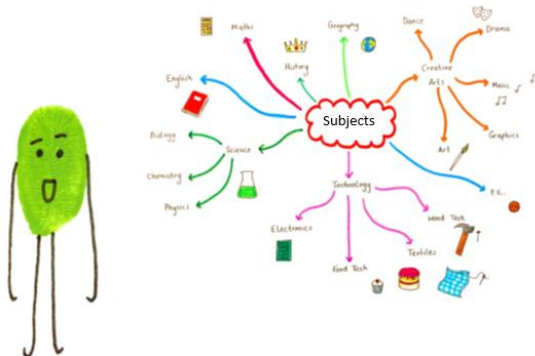
### New friendships:



### The canteen:



### New subjects



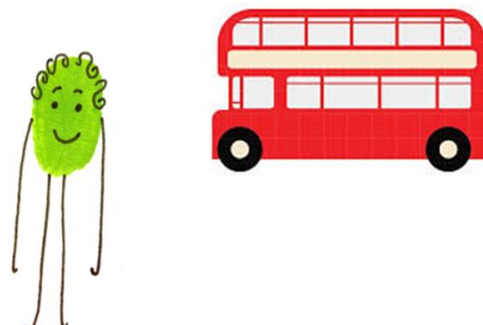
### Fun after school clubs



### Having more responsibility:



### Being more independent:



Are you looking forward to any of these things?

.....

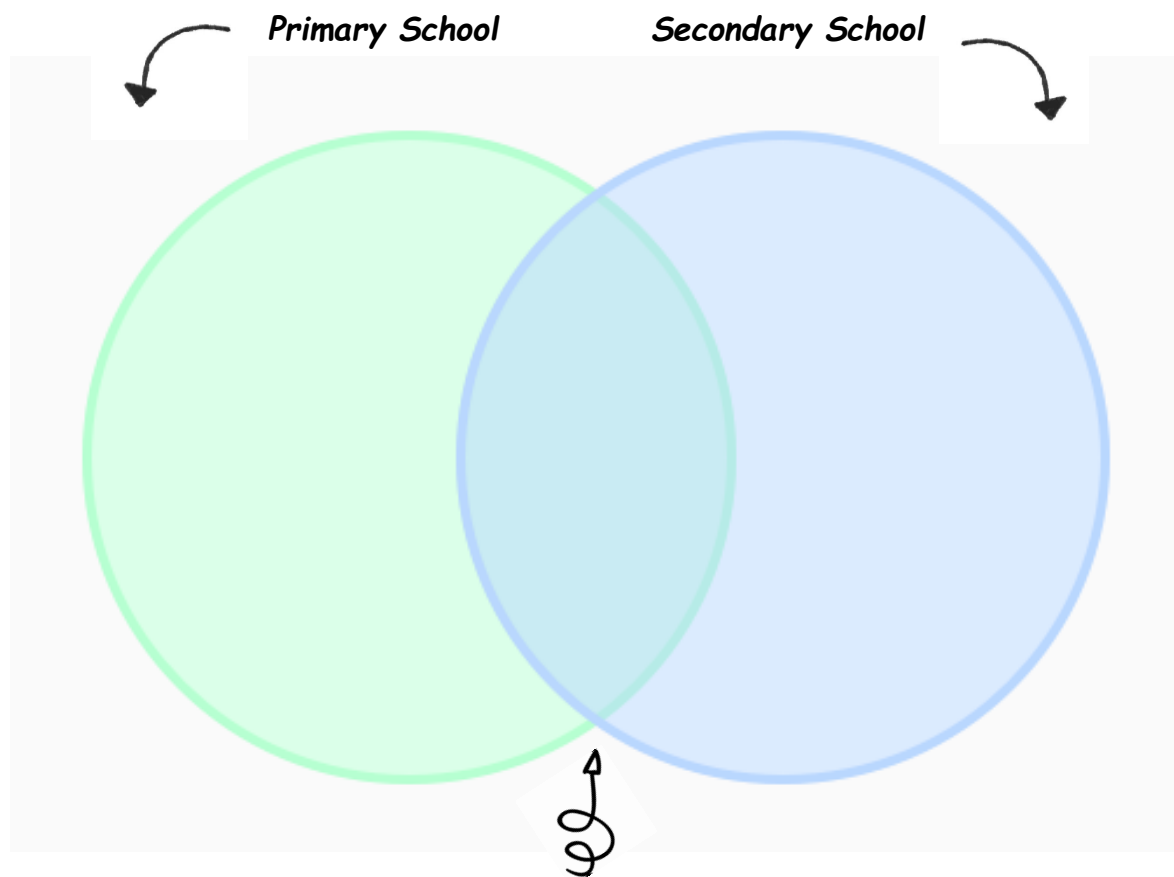
.....

.....

.....

## Coping with Change

When you start at your new school some things will be similar and some things will be different. Using the Venn Diagram below, have a go at filling in what you think will be different about primary school, which things you think will be different about secondary school and in the middle you can write what you think might be the same.



*Things that are the same!*

*Show your diagram to your parent/trusted adult/sibling and talk through your thoughts.*



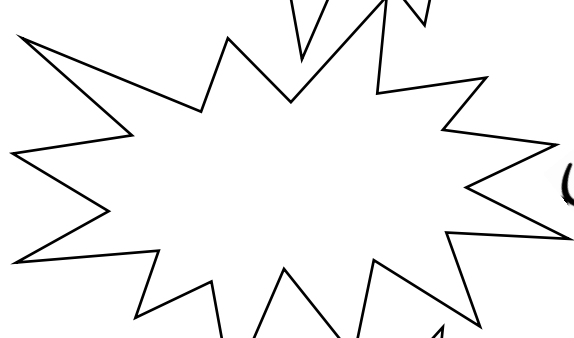
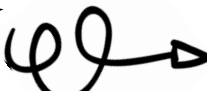
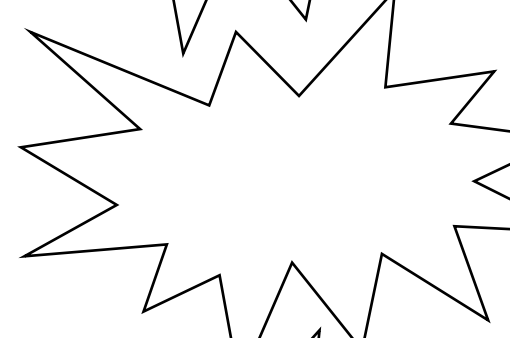

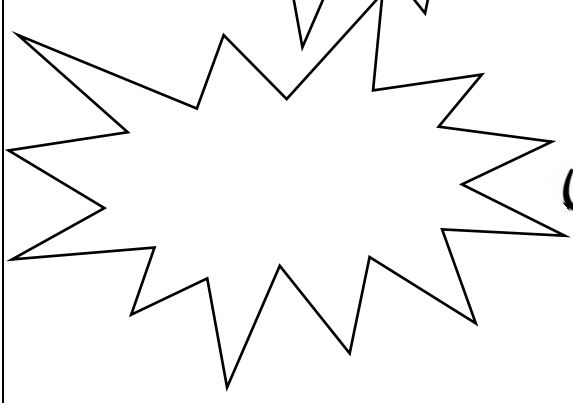
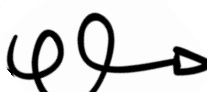
*You could even compare it with your friends and talk to them over the phone.*

## Challenging our worried thoughts

Sometimes worries start with 'what if...?' questions. These questions do not usually get answered and instead continue to spin round in our minds and end up making us feel more worried. This worksheet can help you with any 'what if?' worries you might have about secondary school.

**'What if...?' worry**

**'Then I can...' solution**

 <p>What if no one talks to me on the first day?</p>	 <div data-bbox="1005 694 1372 963"><p>Then I can smile, and say hello to someone first. Most people will be feeling worried too and might feel relieved that I say hi first!</p></div>
	 <div data-bbox="1005 1030 1372 1299"><p>..... ..... ..... .....</p></div>
	 <div data-bbox="1005 1366 1372 1635"><p>..... ..... ..... .....</p></div>
	 <div data-bbox="1005 1702 1372 1971"><p>..... ..... ..... .....</p></div>

## Relaxation

Even if we're not feeling too worried, it's good to practice relaxation strategies to help us feel calm and confident when facing a new situation. When our bodies are calm it sends a signal to our brain that we are safe and this helps us think more calm and helpful thoughts.

### Deep breathing

Taking some deep breathes helps our bodies to relax and re-set.


Follow the outline of the star to take 5 deep breaths





Remember to breathe in through your nose and out through your mouth!

### Relaxing stretches

When we feel worried it's common for our body to become tense. Doing some stretches can help our body relax.

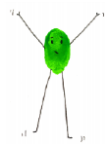
 Stretch your hands - Imagine you're squeezing the juice from a lemon, clench your fingers into a fist and then relax your hand.

 Stretch your arms - Imagine you're reaching up to get an apple from a tree, reach your arms above your head

 Stretch your neck - Imagine you are a tortoise and bring your shoulders up to your ears

### Exercise

Doing exercise is a great way to relax.




What are your favourite ways to exercise?


1. ....
2. ....
3. ....

### 54321


Sometimes when we worry, it can help to connect to the present moment through our senses. Try to focus on:

 **5** things you can see

 **4** things you can touch

 **3** things you can hear

 **2** things you can smell

 **1** thing you can taste

